

**IMPACT OF SEXUALITY EDUCATION IN REDUCING UNPROTECTED
INTERCOURSE AMONG UNIVERSITY OF BENIN STUDENTS**

BY

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**DEPARTMENT OF SOCIOLOGY AND ANTHROPOLOGY
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BENIN CITY**

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**BEING A PROJECT SUBMITTED TO THE DEPARTMENT OF SOCIOLOGY
AND ANTHROPOLOGY, FACULTY OF SOCIAL SCIENCES, UNIVERSITY OF
BENIN, BENIN CITY IN PARTIAL FUFILLMENT OF THE REQUIREMENT
OF THE AWARD OF BACHELOR OF SCIENCES CERTIFICATE (B.SC)**

DECEMBER, 2022.

CERTIFICATION

This is to certify that this research project titled **“Impact of Sexuality Education in Reducing Unprotected Intercourse among University of Benin Students”** was carried out by Ativie Becky, in the faculty of Social Sciences, University of Benin, Benin City, Edo State, Nigeria for the award of (B.Sc. Sociology and Anthropology)

Prof. A.O. Dokpesi
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Date

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Date

DEDICATION

This research work is dedicated to God Almighty, the ultimate provider of life and every perfect gift including wisdom and understanding, for his infinite grace, mercies and love showered on me and the enthusiasm to carry out this work successfully.

ACKNOWLEDGEMENT

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ABSTRACT

The study focuses on the Impact of Sexuality Education in Reducing Unprotected Intercourse Among Undergraduates of University of Benin, to make it possible four purpose of the study were raised to Investigate the challenges of unprotected sex faced by University of Benin students, Investigate the factors responsible for unwanted pregnancy in university of Benin students, Ascertain the psychological effect of unwanted pregnancy and STIs on students' performance in University of Benin students and Examine why students engage in unprotected sex.

The study adopted a descriptive survey research design method with survey instruments deployed to gather relevant data for analysis. Simple random, stratified and purposive sampling technique was used to select one hundred and fifty (150) accessible respondents for the study. The instrument for data collection was questionnaire; it was a self-designed instrument, built around the research questions and was validated by the researcher's. The data collected for the research question was analyzed using the method of frequency and percentage.

The study concludes that unprotected sex affect students' academic performance as some think about it in class, some fail to concentrate in class while some feel emotionally unstable after unprotected sex and that Ignorance of un-protected sex, Rape, Lack of contraceptives use and Lack of sex education is responsible for unwanted pregnancy. The study therefore recommends that Sex education should be part of school curriculum. Orientation on sex education matters should be taught even at university level and Parents and guidance are the primary agents of socialization they should develop good communication skills with their children and openly inform them Abstinence and sex education should be adopted at all levels of education.

CHAPTER ONE

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

In Nigeria, sex training is yet to be integrated into the educational programs of auxiliary school instruction; and numerous Nigerians are hesitant to talk about sexuality and sexual wellbeing straightforwardly with their youngsters at home. In most African nations, Nigeria specifically, matters connected with sex and sexuality are generally covered in mystery, particularly in certain homes where the word 'sex' is grimaced at, even chapels don't give appropriate illumination and data on sexuality schooling. (A.Gbotemi, 2015).

Sexuality instruction alludes to illumination on issues to human sexuality which incorporates close to home relations and obligations, human sexual life structures, sexual movement, sexual multiplication, regenerative wellbeing, conceptive privileges, safe sex, anti-conception medication and sexual forbearance. Sex instruction is an interaction by which data is given or conferred on a gathering of youthful ones and which considers the turn of events, development, the life structures and physiology of the human regenerative framework and changes that happen from youth all through phases of adulthood (M.O Esere).

Burt (1970) characterized sex instruction as the investigation of the qualities of being a male and a female. Such attributes make up the individual's sexuality. Sexuality is a significant part of the existence of a person and practically all people need to be familiar with it. Sex instruction incorporates all the schooling estimates which no matter

what the specific technique utilized, may fixate on sex. Burt (1970) further said that sex instruction represents insurance, show, augmentation, improvement and advancement of the family, in light of acknowledged moral thoughts.

Rubin and Kindendall (1984) communicated that sex instruction isn't simply the subjects of multiplication and it are considered and destined to show how children. All things being equal, it has a fair more extravagant extension and objective of assisting youngsters with integrating sex all the more definitively into their present and future life and to furnish them with some fundamental comprehension of for all intents and purposes each part of sex when they arrive at complete development.

As indicated by the Collins English Word reference 2018, unprotected sex is a demonstration of sex performed without the utilization of a condom, in this manner implying the gamble of physically communicated sicknesses. In Nigeria, issues connected with young people's sexual wellbeing, unfortunate, exploitive and hazardous sexual movement might prompt wellbeing and social issues, for example, high accidental teen pregnancy and a rising occasions of physically communicated contaminations (STIs) which incorporates; gonorrhoea, chlamydia, syphilis, herpes, HIV disease, Helps, high paces of early termination mortality and that's only the tip of the iceberg.

In most conventional African social orders, sexual and regenerative wellbeing subjects are seldom talked about in family settings. Straightforwardly talking about sexuality and sexual connections is viewed as an untouchable in many societies. Subsequently, a few family unit individuals never have discussions around these subjects

and in that capacity, simply those viewed as prepared for marriage are offered guidance on how they are supposed to behave in their relationships.

In the contemporary setting, as a general rule, individuals find out about sexual and regenerative wellbeing by righteousness of being participated involved with the other gender, through peers, general wellbeing teachers, companions and somewhat, family members. Youngsters for example the young adult young men or young ladies don't have free admittance to the data they need on sexuality, questions irritating on sexuality and kid - young lady relationship is typically quieted and viewed as restrictions and horrifying presence. One of the outcomes of this activity is that Nigeria young adult young men or young ladies track down replies to sex related inquiries all alone, most times from problematic sources that are probably going to give them wrong data, making them bound to enjoy careless and unguarded sexual trial and error.

As per the World Wellbeing Association (WHO, 2002) unprotected sex is recorded among the ways of behaving that jeopardize the soundness of young people, both as of now and in their future. With the developing interest from young people on sexual and regenerative wellbeing and privileges data, what they genuinely should get isn't just far reaching however precise. Youngsters and teenagers regardless of persistent medical issue and incapacities will benefit when they are furnished with precise, formative and suitable data about the organic, socio-social, mental, social and otherworldly components of sexuality. Early and unprotected sexual movement has pessimistic ramifications for youngsters, teenagers unequivocally. Young people become

physically dynamic frequently succumb of high-risk conduct that prompts physical and close to home harm.

Every year, impacted by a blend of an energetic presumption of invulnerability, and an absence of direction, a large number of young people disregard these dangers and endure the side-effects (M.O Esere, 2008). Youngsters who have unprotected sex are responsible to HIV and other physically communicated sicknesses. Far reaching sex instruction projects can assist youth with postponing beginning of sexual movement, diminish the recurrence of sexual action, decrease number of sexual accomplices, and increment condom and prophylactic use.

In Nigeria, as in many nations, there are many gatherings, including those really worried about the prosperity of young people, who unequivocally go against sexuality schooling as not being to the greatest advantage of teenagers (Asekun-Olarinmoye 2007). Sex instruction was customarily intended to be given to each youngster and

young people by his/her close family however these practices have been disintegrated by

the impacts of modernization, western human advancement, and imploding day to day life. The impact of this is that the more youthful ages are left helpless before the more extensive

society and other mingling specialist who all the more frequently doesn't misdirect the youthful

ones in the progress cycle to grown-up hood (Ameh, 2015).

Each human individual has sexual inclination, perspectives, and convictions, however young people

encounters of sexuality are extraordinary in light of the fact that it is handled through a with the utmost intensity

individual point of view, which comes from private, individual experience, public and

social sources (Ogundipe and Ojo, 2015). As per Owuamanam (2013), in present day African social orders, connection among guardians and the youngsters is unique in relation to what they used to be in conventional social orders. He further declared that as the general public gets an ever increasing number of innovatively progressed, the people's schooling goes more through tutoring, TV, radio, the press, and groundbreaking thoughts which make

new perspectives than the family. Nonattendance of sex instruction brings about young adult sexuality. Building guardian youngster connections to establish a climate to upgrade positive correspondence with respect to sexuality among teenagers is significant. However looked by maintainability challenges, local area programs are giving stages to develop such drives.

In the illumination of the above conversation, this study analyzed the effect of sexuality schooling in diminishing unprotected sex among the understudies of College of Benin.

1.2 STATEMENT OF THE PROBLEM

The issue coming about because of the absence of sex instruction to our young people is various. They are undesirable pregnancies, high pace of expansion in early termination, high disjointedness of sexual communicated sickness and high pace of sexual wantonness. Every one of these have prompted powerlessness to think, unfortunate school execution, pace of school dropout, expansion in ignorance and over populace, subsequently, the instructive chance of Nigerian youth is extraordinarily impacted and these have an extraordinary lost on the general public. To the conduct researcher, regardless of the rising sexual issues, guardians and schools are as yet not furnishing young people with appropriate information on sex instruction.

Numerous people and associations have been extraordinarily stressed over the suitable level at which sex instruction can be presented; and this has brought up appropriate issues with regards to: Who ought to show sex schooling? What to instruct? Furthermore, who to instruct? The falsehood, distortion and tales about sex capabilities lead to hazardous outcomes, in this manner, data about sex schooling educates and gives a knowledge comprehension of sex capabilities.

Understanding the risk and gigantic considerable impact of physically communicated sicknesses and HIV/Helps. The Central Government laid out an organization called Public Organization for the Control of Helps (NACA) February 2000 to in addition to other things, help in teaching the general population on different sicknesses because of unprotected sex. Notwithstanding this large number of reality, individuals actually enjoy sexual indiscrimination. Numerous little fellows young ladies actually participate in the ways of behaving that uncover them, to the gamble of

undesirable pregnancy, physically communicated sickness and HIV/Helps. In this manner, it is essential to analyze the viability of the wellbeing impact of sexuality schooling among College of Benin Understudies.

1.3 RESEARCH QUESTIONS

1. How does the challenge of unprotected sex affect students?
2. What are the factors responsible for unwanted pregnancy?
3. What are the psychological effects of unwanted pregnancy, and STIs on students' academic performance?
4. Why do students engage in unprotected sex?

1.4 RESEARCH OBJECTIVES

The general purpose of this study was to examine the impact of sexuality education in reducing the challenges of unprotected sex. However, the specific objectives were to;

1. Investigate the challenges of unprotected sex faced by University of Benin students.
2. Investigate the factors responsible for unwanted pregnancy in university of Benin students.
3. Ascertain the psychological effect of unwanted pregnancy and STIs on students' performance in University of Benin students
4. Examine why students engage in unprotected sex.

1.5 SCOPE OF THE STUDY

This study focused on the impact of sexuality education in-order to reduce unprotected sex among undergraduate students (full-time) in University of Benin, in the 2020/2021 academic session; the coverage is within University of Benin, Benin City.

1.6 SIGNIFICANCE OF THE STUDY

The review is critical in light of the fact that sexuality schooling makes positive impacts, including expanding youngsters' information and further developing their perspectives connected with sexual and regenerative wellbeing and ways of behaving. This examination was completed to diminish sexual gamble taking way of behaving or STIs/HIV and to advance forbearance and decrease recurrence of sex and sexual accomplices.

The exploratory discoveries of this examination empowered the perusers to distinguish the requirement for sex schooling in diminishing unprotected intercourse among College of Benin understudies. The issue of sex training will go quite far in enhancing the soundness of each and every individual or understudies school exhibitions, populace development and in this manner working on the way of life in the general public. This review gave significant insights to schools, services of training, guardians, local area and different partners in instruction on whether sexuality instruction is significant in the general public. It gave schools and guardians specifically the criticism on what understudies feel about sexuality instruction.

Understudies profited from this review since it really centered around them and it will assist them with understanding the significance of swearing off unprotected sex to keep away from undesirable pregnancy, early termination, HIV/Helps, STIs which could later achieve unfortunate scholastic execution, drop-out in school, wellbeing difficulties, and even lead to death. This study filled in as a structure for future specialists in a comparative field, to get better comprehension of the front and center concern.

1.7 DIFINITION OF TERMS

1. **Sexuality Education:** sex education involves providing children with knowledge and concept that will enable them to make responsible decisions about sexual behaviours at all stages of their lives.
2. **Sexually Transmitted Infections:** Infections contacted through sexual intercourse e.g. HIV, AIDS, chlamydia, syphilis, gonorrhea, etc.
3. **Sex:** A fundamental driving force in relationship between the biological needs to produce influence, love, affection etc. in human life.
4. **Education:** This is the act of acquiring knowledge, skills, attitude that intends to produce a positive result. It is a process of changing the behaviour of a person.
5. **Abortion:** this refers to the process of terminating pregnancy.
6. **Promiscuous** – refers to having many sexual partners; promiscuous behaviour or life style, to be sexuality promiscuous especially without careful thought.

CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

The relevant and related literatures to the study are reviewed under this section.

2.1 Concept of Sex Education

As indicated by Heffner (2014), sex instruction is a coordinated type of information that is learned. Albeit exceptionally questionable, specialists accept that sex instruction emphatically affects young adult sexual way of behaving and that it diminishes spontaneous high schooler pregnancy. Sex instruction incorporates various subjects, for example, close to home wellbeing, sexual direction, values, navigation, and anti-conception medication; how to stay away from physically communicated contaminations; and generally speaking regenerative wellbeing (Fentahun et al., 2012). The prescribed procedures ought to illuminate young people on sex instruction in light of the best practices for forestalling spontaneous juvenile pregnancy as well with respect to disposing of hazardous sexual way of behaving. In any case, the privileges of young people ought to be regarded; in this manner, just data that is both finished and legitimate ought to be given to them at home and in school (Supporters for Youth, 2014).

A portion of the much of the time revealed reasons young people participate in early sexual exercises incorporate companion pressure, missing guardians, absence of information, sexual maltreatment or assault, and high school drinking. The Straight

Region People group for Wellbeing Instruction records the main reasons sex schooling might be fundamental as the accompanying:

1. Adolescents are physically dynamic because of beginning stage of adolescence.
2. Young individuals need to find out about sexuality before they become dynamic.
3. Children will find out about sex notwithstanding on the off chance that sex training is shown in school.
4. Sex instruction can add to better fates of poor and minority youth.
5. The existences of youngsters are impacted more significantly by sexual wellbeing instruction than by some other subject. (Guitart, 2016).

2.1.1 School-Based Sex Instruction

School-based sex instruction is frequently portrayed as a "disagreeable" subject. Previously, there have been many discussions on the viability and fittingness of a far reaching sexual training program in schools (Fonner et al., 2014). Different exploration review have been directed on the viability of school-based sex instruction programs, with clashing outcomes. While certain examinations placed that sex training in school could prompt an expansion in sexual movement (Vivancos, Abubakar, Phillips-Howard, and Tracker, 2012), different investigations have discovered that sex instruction advances information and dependable sexual way of behaving and that it brings down the gamble of young adult pregnancy (Boonstra, 2014).

Jackson et al. (2012) recommended, notwithstanding, that while there is a requirement for school-based sex training programs, they are deficient in assisting with forestalling dangerous sexual ways of behaving among young people. They found that sex instruction programming pointed toward diminishing young adult dangerous sexual ways of behaving has had other positive results, incorporating upgrading collaboration with relatives and further developing correspondence inside the school climate (Jackson et al., 2012).

Goesling, Colman, Trenholm, Terzian, and Moore (2014) directed a deliberate survey of various projects intended to diminish high schooler pregnancy, physically communicated contaminations (STIs), and untrustworthy sexual ways of behaving. They found that of the 88 projects contemplated, 31 showed proof of being valuable in the decrease of high schooler pregnancy, dangerous sexual ways of behaving, and STIs. Santelli, Melody, Garbers, Sharma, and Viner (2016) detailed a decrease in the birthrates of young people who went to sex schooling classes. Essentially, a review directed in Latin American and the Caribbean whose discoveries zeroed in on broad schooling and financial status showed the positive effect of sex training on juvenile pregnancy rates (Rodríguez-Vignoli and Cavenaghi, 2014).

School-based programs are the most ideal to instructing a more extensive extent of the juvenile populace about pregnancy and sexual movement (Fonner et al., 2014; Schalet et al., 2014). In the wake of concentrating on 48 far reaching programs, Tulloch and

Kaufman (2013) observed that there was a prompt decrease in the sexual movement of young people.

Be that as it may, Vivancos et al. (2012) revealed an absence of long haul, proof put together investigations with respect with the impacts of sex instruction on juvenile pregnancy, physically communicated infection, and sexual way of behaving. The fundamental job of a school-based sex instruction program is to advance the sexual and regenerative soundness of young people (Schalet et al., 2014). A school-based sex training program likewise works with teaching young people about their sexuality prior to participating in physically hazardous way of behaving during pre-adulthood and adulthood (CDC, 2013; Schalet et al., 2014).

A few instructors, specialists, and general wellbeing experts are of the assessment that school-based sex training programs further develop the sexual wellbeing results for young people, however more work should be finished to reinforce the general effect of these projects (Suleiman and Brindis, 2014). One reason that school-based sex instruction programs miss the mark is that the underpinning of a significant number of the educational plans declares that the sexual choices made by young people are levelheaded or deliberative (Suleiman and Brindis, 2014). Goldenberg, Telzer, Lieberman, Fuligni, and Galván (2013) announced that dangerous sexual ways of behaving of young people mirror their formative interaction. Consequently, the requirement for age-suitable sex instruction is basic.

2.1.2 Home-Based Sex Education

Early sexual exercises among young people are frequently connected with expanded sexual gamble taking (Grossman et al., 2013). Endeavors of networks and schools are driven by the objective of postponing the early presentation of sexual exercises that lead to pregnancy, physically communicated sicknesses, and different outcomes of sexual gamble taking (Grossman et al., 2013; Grossman, Tracy, Charmaraman, Ceder, and Erkut, 2014). Different exploration studies have upheld the genuine effect families are confronting while endeavoring to convey to young people about the ramifications of dangerous sexual way of behaving (Grossman et al., 2013; Grossman et al., 2014). In an Australian subjective concentrate by Dyson and Smith (2012) with 31 guardians, most guardians in the example detailed that they saw sex training as their obligation, with a school-based sex instruction program as an enhancement. Guardians announced that they need their youngsters all around informed about sex, connections, and their sexual wellbeing, yet they felt deficient in giving sex schooling to their kids (Dyson and Smith, 2012; Fentahun et al., 2012).

2.2 Attributes of Successful Sexuality Instruction Projects

Kirby (2000) gave an outline of various techniques for sexuality instruction and supported a restraint in addition to approach. In his own assessment of more than 30 projects, it was found that forbearance in addition to programs don't expand paces of sexual movement in young people who take part, and furthermore don't build the quantity of sexual accomplices or lead to teenagers participating in sexual action sooner. Kirby recorded ten critical attributes of compelling sexuality instruction programs. The first is

that successful projects center barely around at least one sexual ways of behaving to decrease accidental pregnancy and physically communicated infections (sexually transmitted diseases). Compelling projects additionally are grounded in hypothetical methodologies that have shown progress in diminishing other gamble ways of behaving. The third recorded trademark is that such projects have an unmistakable position on sexual ways of behaving, as opposed to examining the two sides and allowing understudies to pick what they really want. The fourth trademark expresses that understudies are furnished with precise data in regards to the dangers implied in unprotected sexual movement and how to avoid unprotected intercourse. For a program to be successful, it should likewise incorporate guidance for managing prevailing difficulties connected with sexual movement. Connected with this subject, projects ought to likewise give demonstrating and practice in these interactive abilities. Understudies need to rehearse abilities like discussion, refusal, and correspondence issues. Customizing the data is additionally a significant part of arriving at young people in sexuality schooling programs. Formatively and socially suitable objectives and materials are additionally significant perspectives in giving a successful sexuality schooling program.

To be compelling, sexuality instruction programs additionally need to keep sufficiently going to cover data and complete exercises satisfactorily. The last attribute of compelling projects distinguished by Kirby was that the educators associated with the sexuality

schooling program have confidence in it, and these instructors are given preparation to introduce the guidance.

Kirby (2000) finished up his survey expressing that he accepted restraint in addition to programs were the best course for schools to take in carrying out a sexuality-training program. As a result of the assortment of forbearance just educational programs and restrictions of studies, it is hard to tell whether these educational programs are compelling at accomplishing the ideal impact of postponing the beginning of intercourse or expanding the utilization of contraception. Forbearance in addition to programs, be that as it may, have an enormous base of exploration to exhibit their viability.

2.3 Sexuality Education Programs and Curriculum to reduce sexual intercourse

The accompanying segment will address surveys of different sexuality instruction programs, including More secure Decisions, Diminishing the Gamble, Values and Decisions, High schooler Help, Sex Regard, and Child Thoroughly consider it.

2.3.1 More secure Decisions

Coyle et al. (1999) inspected the viability of a school-based sexuality instruction program called More secure Decisions. More secure Decisions is a two-year program, with the fundamental objective being to decrease the quantity of understudies having sex in their secondary school years and increment condom use among the people who previously were participating in sexual movement. The hypothetical reason for More secure

Decisions is established in friendly mental and impact speculations, and it consolidates models of school change. The fundamental parts of the program are "school association, educational program and staff improvement, peer assets and school climate, parent instruction, and school-local area linkages" (p. 182). In the More secure Decisions program, understudies took part in ten illustrations and far reaching occasions that were coordinated and supported by peers. More secure Decisions has a significant number of the qualities recently distinguished as a component of a successful sexuality schooling program, like zeroing in on unambiguous ways of behaving, a hypothetical premise, covering a sufficiently long range of time, and including prepared staff and companions who have confidence in the program. The review included ten schools in California and ten schools in Southeast Texas during the 1993-1994 and 1994-1995 school years. Five schools in each state were haphazardly chosen to have the More secure Options program carried out. The five schools in each state not chose got an examination program.

Coming up next are a portion of the consequences of the assessment of More secure Decisions done by Coyle et al. (1999). The concentrate first inspected the adjustment of quite a while's information in the wake of being presented to the two projects. While the two projects expanded understudies' information in regards to HIV and different sexually transmitted diseases, the increment among the More secure Decisions understudies was fundamentally more noteworthy, with the distinction between the two gatherings more noteworthy in Texas. Understudies in the More secure Decisions program additionally had fundamentally more uplifting perspectives and communicated more certain

standardizing convictions about condom use than those in the examination program. The More secure Decisions members additionally announced marginally more significant levels of correspondence with guardians than the examination bunches about how to forestall sexually transmitted diseases. Neither one of the projects was displayed to fundamentally decrease commencement of sexual way of behaving, however the More secure Decisions program was displayed to diminish unprotected intercourse. Likewise, understudies in More secure Decisions who were at that point physically experienced were bound to utilize condoms alongside a pregnancy counteraction technique. The principal year of the program didn't, be that as it may, influence how the understudies' apparent their capacity to decline intercourse or speak with an accomplice about issues connected with utilizing insurance. The assessment results toward the finish of the principal year of the program likewise didn't show a postpone in that frame of mind of sex.

2.3.2 Diminishing the Gamble

Kirby and Barth (1991) point by point the execution of a sexuality training educational program called Diminishing the Gamble in 13 secondary schools situated in California. Diminishing the Gamble is a restraint in addition to educational program, underscoring that postponing sex is a positive decision for young people, while giving data with respect to contraceptives to the individuals who actually decide to participate in sex. 46 homerooms were incorporated, with 23 getting the educational program being

contemplated, and the other half getting the sexuality training that was set up at the school.

Understudies in the two gatherings finished overviews previously and following taking part in the program, as well as six and multi month subsequent meet-ups. Diminishing the Gamble is shown north of 15 meetings, and gives understudies guidance in dynamic preparation and self-assuredness preparing through exercises that make circumstances more private to the understudies, . Potential open doors are additionally given to rehearse approaches to acquiring data about contraceptives from neighborhood assets. At the point when gotten some information about preventative information, the two gatherings showed improvement, however the Diminishing the Gamble bunch showed a fundamentally more significant level than the benchmark group. The treatment bunch additionally showed an expansion in correspondence with guardians about forbearance and contraception, however this didn't prompt an expansion in correspondence about different subjects connected with sexuality. At a multi month follow-up, understudies who had not started intercourse at the hour of the educational program show were less inclined to have started. At the equivalent development, just 3% of understudies who were physically unpracticed at the hour of guidance had unprotected intercourse, while 11% of the benchmark group had. Be that as it may, no tremendous changes were found for recurrence of sex or utilization of anti-conception medication for understudies who were at that point physically dynamic at the hour of the educational program show.

Hubbard, Giese, and Rainey (1998) distributed a replication study looking at the impact of Diminishing the Gamble, with subjects drawn from a southern, provincial state. The educational program was carried out as a component of a necessary wellbeing instruction class for the understudies. 29% of instructors finished the illustrations as a whole, down to 28% showing just 11 of the examples. Instructors finished a survey and most often referred to local area guidelines as a justification behind excluding a portion of the exercises. To gather the information, 22 things from the Adolescent Gamble Conduct Overview were utilized. Things about strict connection and participation, and correspondence with guardians were adjusted from a past assessment of Diminishing the Gamble for this review. Ten regions were associated with this review; five got Diminishing the Gamble guidance and five got the standard sexuality schooling guidance for their locale. At the point when given a pretest, no measurably tremendous contrasts were found between the examination and treatment gatherings. After consummation of the program, a multi month follow-up was directed. Understudies in the gathering that got Diminishing the Gamble guidance showed a measurably critical decrease in the commencement of intercourse, a fundamentally higher utilization of sexually transmitted disease and pregnancy counteraction, and a huge expansion in correspondence with guardians about sexual issues.

2.3.3 Qualities and Decisions, High schooler Help, and Sex Regard

Olsen, Weed, Ritz, and Jensen (1991) directed an assessment of three distinct sexuality instruction educational programs. Values and Decisions, distributed by the Pursuit

Establishment, is a video-based program with a full of feeling instruction part. High schooler Help, distributed by Youngster Help Consolidated, utilizes conventional study hall guidance alongside a progression of half-hour recordings. Sex Regard centers around issues of high schooler sexuality, for example, dating and companion pressure, and advances restraint as a piece of regarding oneself as well as other people.

Sex Regard and High schooler Help were introduced to rural locale in the territory of Utah. Values and Decisions was likewise introduced to a region in Utah, however in a provincial setting. The schools that took an interest included nine middle school and five senior high schools. Pretests were given toward the start of the projects, with posttests being controlled when the projects were finished. Understudies finished a 105-thing overview. Positive changes were accounted for by understudies who had taken part in every one of the three projects. Females detailed a more uplifting perspective towards forbearance in every one of the three projects. The best disposition change happened with the Sex Regard program. A relationship between's sexual perspectives and conduct was likewise found. The creators felt that this upheld the conviction that a more inspirational perspective towards forbearance would prompt understudies deciding to go without sexual movement as young people.

2.3.4 Baby Think it Over

Child Thoroughly consider it (BTIO) is a program that utilizes a baby test system to show young people the obligations engaged with nurturing. A central processor educates the doll to cry and an extraordinarily planned plug should be embedded to stop the sound. In

many schools, understudies are given the dolls around 24-48 hours. BTIO is intended to dazzle on understudies the critical difficulties and individual forfeits that are associated with really focusing on a newborn child. It is generally utilized related to another sexuality instruction educational program. BTIO is additionally very costly to carry out. The Wisconsin-based organization that fabricates the dolls demonstrated that more than 1,000,000 had been sold at an expense of roughly \$250-\$500 every (Somers, Gleason, Johnson, and Fahlman, 2001). Somers and Fahlman (2001) directed an assessment of the BTIO program and found minimal existing examination deciding viability of it, while research showed instructor and parent support for the program. Their examination utilized an example of 213 secondary school understudies from suburbia of an enormous midwestern city. 151 understudies got a BTIO doll, while 62 were important for a benchmark group. A pre and post test configuration was utilized. The consequences of the review were conflicting; be that as it may, a few outcomes upheld certain patterns. Most reactions demonstrated that BTIO made them either somewhat more concerned or absolutely terrified of having a youngster as a teen. Just 17% of understudies demonstrated that the program had no impact of them, and 4% showed that they were more positive about their nurturing abilities or needed to have a youngster significantly more. The creators talked about a few factors that might have added to the absence of critical outcomes. The instrument utilized for information assortment was new to this examination and may have required further modifications. An enormous number of understudies likewise neglected to answer a considerable lot of the overview questions. Another impacting component might have been a period slip by between program

execution and assessment because of the school year plan. The creators did likewise call attention to the likelihood that BTIO was not a sufficiently successful program to deliver critical outcomes, and suggested further assessment, particularly for cost-cognizant schools, as the program is to some degree costly to carry out.

Shiver (2002) directed one more assessment of Child Thoroughly consider it in North Carolina. 25 provinces in the state were haphazardly chosen to take part; one educator from every district carried out the program. Understudies were asked fundamental segment data and finished up an overview estimating their impression of high school life as a parent, family correspondence, and their own expectations with respect to sexual movement. A pre and post test configuration was utilized. 431 understudies finished the overviews, with 186 of them being essential for an examination bunch. Guardians finished up overviews with respect to family correspondence and impression of the BTIO program, while instructors finished up a review about their view of the intercession. Results demonstrated that the two guardians and educators upheld the program and felt that it was successful in changing understudies' perspectives towards young adult pregnancy. Parent overviews additionally showed that guardians felt the program expanded correspondence in regards to high school nurturing with their youngsters. Results from understudy overviews didn't demonstrate this change. Understudy overviews likewise showed just a negligible change in perspectives with respect to high school nurturing. It means quite a bit to take note of that a significant number of replies to pre test questions previously demonstrated that understudies knew about the issues

connected with high school pregnancy and figured out results, so changes would probably be insignificant.

2.4 Parent and Educator Contribution in Sexuality Schooling

One perspective that the two pundits and allies of sexuality instruction settle on is that correspondence among guardians and adolescents about sexual issues is significant. Jaccard, Dittus, and Gordon (1998) concentrated on moms' and young people's accounted for correspondence about sexuality related issues. 745 African American young people (373 guys, 372 females) and their moms took an interest. The periods of the young people went from 14-17, with the mean age being 15.

Since all members were African American, the estimation gadgets utilized were painstakingly investigated to guarantee social significance. Moms fundamentally underrated their young people's sexual movement. An enormous disparity was viewed as in that practically 72% of moms demonstrated they had consulted with their youngster about sex, while just 45.4% of the teenagers detailed such correspondence. Moms who had not consulted with their youngster about sex additionally were bound to underrate their kid's sexual movement. Young people likewise were probably going to underrate their mom's dissatisfaction with regards to sex, and a powerless relationship (.28) was found between what the mother accepts and what the juvenile saw to be the mother's disposition. Moms who were more objecting to their young person having intercourse were additionally bound to report that their kid was not participating in sexual movement. Moms might be making the presumption that their youngsters are tolerating of their

qualities. Young people whose companions were tolerating of early sex were additionally bound to underrate their moms' dissatisfaction with regards to sexual movement. These outcomes demonstrate the significance of parent-youngster correspondence with respect to issues connected with sexuality.

Jordan, Cost, and Fitzgerald (2000) inspected the correspondence of provincial guardians with their young adult kids in regards to sexuality. 374 guardians in a provincial Ohio people group returned overviews, most being white and female, with everyday work and something like one year of post-optional schooling. 94% of the guardians who returned the overview announced having consulted with their youngster about sex, however just 9% felt that different guardians additionally discussed well with their kids in regards to the subject. The vast majority of the individuals who answered felt that sexuality instruction ought to for the most part be given by the family, with outside associations enhancing this interaction. 79% of guardians accepted that their youngster had not yet engaged in sexual relations. Parental help for sexuality instruction was found to increment with the age of the youngster. The vast majority of the guardians additionally felt that it was essential to remember data for strategies for contraception in sexuality schooling, which is in opposition to the arrangements of the territory of Ohio, where the example was drawn from.

Brock and Beazley (1995) analyzed parent cooperation in sexuality schooling utilizing the structure of the Wellbeing Conviction Model (HBM). Understudies were given guidance in school utilizing a program called Abilities for Solid Connections (SHR). This

specific educational plan incorporated a parent/gatekeeper manual for give data about the program and ideas for assisting guardians discuss about sexual issues with their juvenile. The aide additionally included six exercises for the parent and young adult to finish together. The HBM predicts that for guardians to take part in these at-home exercises, they would initially want to accept that their youngster was in danger for untimely sex and the outcomes of such activities. Guardians would likewise want to accept that outcomes were critical and that the at-home exercises would be successful in diminishing the gamble to their youngsters. At long last guardians would need to see not many obstructions to their cooperation and would need to feel that they had the expertise to accomplish the ideal consequences of the exercises. 218 guardians of understudies in the Nova Scotian locale where the program was carried out took part by finishing overviews, a greater part being moms. Guardians who announced being exceptionally associated with the program additionally detailed better correspondence about sexuality with their youngsters. Uninvolved guardians didn't report this improvement, and furthermore saw their youngsters to be at higher gamble for untimely sexual movement, despite the fact that they didn't take part in the at-home exercises. The creators announced that the HBM just represented 21% of variety in parental contribution in the at-home exercises that went with SHR. While the HBM didn't totally make sense of parent cooperation, it gave a structure to the examination that gave valuable data. A few ideas gave to help guardians were: Connect with local area support and give data while sexuality instruction is being educated, utilizing the media and showcasing, and further exploration on the subject of parental contribution.

Haignere, Culhane, Balsley, and Legos (1996) inspected the responsiveness and solace level of instructors with forward thinking methodologies of giving sexuality schooling guidance. Both an overview and center gathering conversations were used to gather information. 97 overviews were gotten back to the specialists. 19 eighth grade educators who had taken part in a Diminishing the Gamble educational program preparing were enlisted to make up the center gathering. Generally speaking, 60% or a greater amount of educators who answered the overview demonstrated that they felt positive about their capacity to give sexuality instruction to understudies. 61% answered that they either unequivocally concurred or concurred that they felt open to talking about nonsexual approaches to showing friendship with understudies. Instructors were additionally approached to rate the worth they put on various parts of sexuality schooling: Forbearance training, HIV/Helps and sexually transmitted disease counteraction instruction, and pregnancy anticipation instruction. Instructors gave HIV/Helps and sexually transmitted disease counteraction schooling the most noteworthy worth rating, while they gave forbearance training the least worth rating. The educators were additionally approached to rank eight different saw obstructions to giving guidance in sexuality schooling. Absence of materials was positioned as the main obstruction, and absence of time was positioned second. The center gathering reactions were comparative. Bunch individuals announced being entirely alright with the Diminishing the Gamble program and were energetic to carry out it.

Be that as it may, time and materials became critical.

2.5 Student Perceptions of Sexuality Education

The accompanying will cover different investigations that have inspected the contemplations and sensations of understudies towards the sexuality instruction they got. Eisenberg and Wagenaar (1997) talked with Minnesota understudies on their perspectives in regards to school-based sexuality training. Six center gatherings were directed with 29 members (24 female and 5 male) in the Minneapolis/St. Paul region. A few general subjects in the reactions given by understudies were: More material ought to be covered with respect to sexuality training to satisfactorily respond to questions all understudies could have; sexuality instruction ought to be expected for all understudies; and understudies are more ready to learn data about sexuality than schools are ready to educate it. Understudies additionally distinguished a few subjects that they felt ought to be canvassed in an ideal sexuality schooling course. Members demonstrated that data about forestalling undesirable pregnancy and sexually transmitted diseases was something they needed canvassed top to bottom in sexuality schooling. While they perceived restraint as one choice, all understudies communicated a requirement for more data on contraception. Understudies additionally needed data about issues of sexual viciousness included, like interbreeding, assault, and inappropriate behavior. One more subject understudies remembered for the ideal sexuality instruction class was data with respect to reference assets outside the school. Members likewise communicated a

requirement for parent contribution in the study hall as well as at home. Be that as it may, understudies additionally communicated uneasiness in discussing sexuality with their folks, so one more point understudies needed remembered for sexuality schooling was exhortation on speaking with their folks about the subject. The members inclined toward a far reaching way to deal with sexuality schooling that, notwithstanding the subjects previously examined, covered social and close to home parts of sexuality, alongside values-related conversations. To the extent that the planning of sexuality training guidance, understudies communicated the need to begin ahead of schedule, as they felt their schools' projects started past the point of no return. Understudies additionally felt that instructors ought to be extraordinarily prepared prior to showing sexuality schooling courses, as a significant number of the members got guidance from actual training educators and were not happy getting data from mentors. The requirement for receptiveness and trustworthiness inside the sexuality instruction class, as well as a non-critical environment was likewise examined. Understudies didn't need an educator who wasn't direct with them or who invested energy addressing as opposed to conversing with understudies. Understudies additionally felt that incorporating visitor speakers with significant, genuine encounters would be a successful educational procedure. Three ideas the understudies had for connecting with youngsters were: Regarding individual choices, giving more youthful visitor speakers nearer to the period of understudies, and keeping away from unreasonable recordings or materials that irritate the presence of mind of understudies. The creators additionally called attention to that it is essential to think about that their examination just distinguished understudy discernments and suppositions. It

doesn't demonstrate whether the subjects and techniques for guidance liked by understudies would really make a successful sexuality instruction educational program.

Understudies additionally were hesitant to discuss sexuality with their folks as their very own result humiliation as well as their folks' inconvenience with the subject. Both male and female understudies announced that times when they didn't feel pressure or humiliation while talking about sexuality were when outside experts in the field, like sexual wellbeing advocates, came in to examine issues with them.

Woodcock, Stenner, and Ingham (1992) conversed with 100 understudies in regards to the sexuality schooling that they got. Reactions were gathered through little gathering conversations and individual arrangements for the people who elected to do as such. Remarks made by the members were assembled under six classifications of reactions: getting and missing sex instruction, announced quality, timing, study hall settings, blended versus single sex classes, and procedures. Of the 100, just eight demonstrated not getting any sexuality instruction. Seven of the eight were females and of those seven, four started intercourse before age 16, three announced at least seven accomplices, and four revealed not involving some technique for contraception in their most memorable sexual experience. While seven is excessively little a number to reach determinations from, these seven ladies demonstrate an example deserving of additional review. Remarks in regards to the nature of schooling got included comments that it was positive due to having guardians who had not talked about subjects connected with sexuality with them. Rather than reprimanding sexuality schooling totally, numerous understudies

demonstrated the substance was deficient in specific regions. Understudies remarked on the attention on life structures and multiplication as opposed to more inside and out issues connected with sexuality, as relational connections. A female member expressed that they were informed to avoid things, however no really great reasons with respect to why these ways of behaving ought to be stayed away from were given. A few understudies examined prophylactic data, saying that they were told about various techniques, yet not given guidance in how to utilize them or their viability. The creators likewise detailed that remarks in the quality classification appeared to show an example along orientation lines. Females would in general communicate a requirement for more social guidance, as opposed to simply natural, where guys would in general scrutinize material as being too fundamental or not giving sufficient data on contraception. Under the classification of timing of sexuality schooling, practically 90% who remarked on the subject felt that guidance came past the point of no return. The individuals who demonstrated that the timing was correct frequently qualified their reactions by saying everything looked good for them by and by, however maybe not a great fit for everybody. A continuous remark in regards to the study hall setting of sexuality schooling was that there was successive snickering and other problematic homeroom conduct, alongside humiliation with respect to the educator. The creators additionally found a cross-over between the people who said that sexuality schooling came past the point of no return for themselves and the individuals who took part in problematic conduct in the study hall. A subject that emerged in examining same sex versus blended sex sexuality schooling homerooms was that the perspectives on the male understudies frequently won, and females felt prevailing

difficulty to adjust to male thoughts regarding sexual delight. The most successive showing technique referred to by understudies in the example was video. Numerous understudies saw this as a path of least resistance for humiliated instructors who didn't feel ready to show the subject. Understudies every now and again scrutinized the utilization of recordings without follow up conversation, and a significant number of the recordings were seen as ridiculous or offending to the understudies' degree of figuring out about sexuality.

2.6 Sexual Behavior of Adolescents

Sexual way of behaving portrays a person's sexual propensities, perspectives, affiliations, and directions (Okigbo et al., 2015; Olugbenga-Bello et al., 2014). The sexual way of behaving of adolescents fundamentally expands their gamble of spontaneous pregnancy (Okigbo et al., 2015; Olugbenga-Bello et al., 2014). Specialists have long investigated the connection between juvenile sexual way of behaving and a large group of segment factors and normal practices (Kraft et al., 2012). Various investigations have shown a relationship between's the sexual way of behaving of and spontaneous pregnancy among Jamaican juvenile young ladies. For instance, Longman-Factories and Woodworker (2013) directed a concentrate in Jamaica in which they distinguished dangerous sexual way of behaving among young people, notwithstanding numerous schooling efforts focused on teen young ladies. These sexual ways of behaving included having different sexual accomplices, constrained sex, and early commencement (Ishida et al., 2011).

Longman-Factories and Woodworker (2013) placed that adolescents are less inclined to discuss their sexual encounters and that they are bound to display negligible or no condom use, have different accomplices, and take part in other sexual ways of behaving. In an overview of young people in Jamaica, specialists found that having different sexual accomplices was the most often detailed hazardous sexual way of behaving (McFarlane et al., 2014). 33% of the example populace detailed not utilizing a condom and having at least two sexual accomplices. The utilization of condoms was nonexistence, or utilized conflictingly, by the different age gatherings, in spite of the fact that they know about condoms' protection viability (Goldenberg et al., 2013; Longman-Plants and Woodworker, 2013). Okigbo et al. (2015) connected the dangerous sexual way of behaving of young people to sexual introduction at an early age. Be that as it may, Goldenberg et al. (2013) found a connection between the sexual ways of behaving of young people and close to home excitement featured by the absence of discretion.

In an investigation of 377 in-school young people in provincial networks in southwestern Nigeria, Olugbenga-Bello et al. (2014) viewed that as 14.1% of the respondents announced having their most memorable sexual experience previously or at age 15 years. Additionally, Ishida et al. (2011) directed an investigation of young people that revealed the mean period of first sexual experience as 16 years. Research has additionally found that numerous sexual ways of behaving displayed by young people prompting the commencement of sex occurs without the teenagers being aware of the outcomes in question (Olugbenga-Bello et al., 2014).

2.7 Variables Adding to the Sexual Ways of behaving of Young people

Many impacts shape the sexual way of behaving of a young adult inside our general public. Mchunu et al. (2012) provided details regarding absence of information as one of the foundations for young people participating in dangerous sexual ways of behaving. Wang, Stanton, Deveaux, Li, and Lunn (2015) demonstrated that the low degrees of parental observing had been known to expand the sexual way of behaving of young people. On the other hand, Schuster, Mermelstein, and Wakschlag (2013) directed a meta-investigation of studies that detailed that with decides that are more prohibitive and levels of low parental tolerance, youngsters would have less sexual accomplices. The equivalent goes for expanded condom utilization.

A few investigations have discovered that unprotected sex is much of the time the consequence of needing to procure or keep a standing among peers (Mchunu et al., 2012). Wang et al. (2015) demonstrated that during early pre-adulthood, peer impact expansions in secondary school, bringing about higher occurrences of wantonness. Schuster et al. (2013) announced that adolescents are more defenseless to peer pressure while doing combating discouragement.

A few examinations have shown a relationship among's downturn and the choice to participate in sexual way of behaving among young people. For instance, McFarlane et al. (2014) placed that early sexual movement is characteristic of the beginning stage of discouragement. Additionally, Schuster et al. (2013) revealed a higher pervasiveness of sexual movement among discouraged youngsters than among non-discouraged teenagers.

Both longitudinal and cross-sectional investigations have tracked down a connection among discouragement and the expanded hazardous sexual ways of behaving of young people (Schuster et al., 2013).

Last, having different sexual accomplices (i.e., indiscrimination) and money related gain were factors answered to add to the sexual way of behaving of young people. As indicated by Drakes et al. (2013) and Sutherland (2016), more established men in return for sex offered little kids in Jamaica cash. Additionally, Dunkley-Willis (2014) and Sutherland (2016) announced that Jamaican young people participate in sexual movement with different accomplices for money related gain.

2.8 Hypothetical structure

The hypothetical structure for this study comprised of the parental development of the hypothesis of arranged conduct (PETPB; Hutchinson and Wood, 2007) and mental social hypothesis (CBT; Heffner, 2014). Hutchinson and Wood (2007) fostered the PETPB in 2007 utilizing Ajzen's 1991 definition of the hypothesis of arranged conduct. A fundamental of the PETPB is that the family impacts young people's ways of behaving essentially (Hutchinson and Wood, 2007). This conviction has been viewed as particularly valid for correspondence about sexuality.

The PETPB recommended that intercessions can impact the convictions and ways of behaving of the two guardians and young people about sex, in this manner diminishing teenagers' gamble of pregnancy (Hutchinson and Wood, 2007). The PETPB is fixated on

the connection among young people and their folks, correspondence, and teens' ways of behaving connected with sex.

Prior investigations have shown that guardians affect youth than do life coaches (Hutchinson, Jemmott, Jemmott, Braverman, and Fong, 2003).

The CBT additionally corresponded straightforwardly with this review. The CBT centers around how a singular's contemplations decide her ways of behaving, feelings, and character (Heffner, 2014). CBT is connected straightforwardly to how young people can practice judgment and thinking to adapt and take care of issues consistently; in this manner, the utilization of fundamental information and mental working to simply decide or decisions is a foundation of the CBT (Corcoran, 2016). The CBT recommends that consolidating information and recognizable improvements can cause an adjustment of a singular's way of behaving (Urdang, 2002).

CHAPTER THREE

METHOD OF THE STUDY

This chapter dealt with the method and procedure that was used in this study. It was discussed under this section.

3.1 Design of the Study

A descriptive survey research design was applied in this study. Survey research design is defined as the systematic collection and analysis of information from a large number of people through their responses (Chinweuba, Ilo, Agbapuonwu, Ogbonnaya, Obasi, Makata N.E., & Iheanacho, P 2014)). It was considered the most frequently used and easy because it makes use of structured questions and it's fast.

3.2 Population of the Study

The population of the study consisted of all forty four thousand, six hundred and ninety nine (44,699) undergraduates from fourteen (14) faculties in university of Benin. (*Source:* student affairs division 2020).

3.3 Sample and Sampling Technique

The sampling technique used in this study was simple random technique, it was used to select 300 undergraduates i.e 60 undergraduates each from the faculty of Education, Engineering, Agricultural Science, Arts/Humanities and Social Science.

3.4 Research Instrument

The instrument used for data collection in this study was a structured questionnaire. The questionnaire contained two sections. Section A identified the socio-demographic characteristics of the respondents in the study, while section B contained the knowledge of the impact of sexuality education in reducing unprotected intercourse among undergraduate.

3.5 Validity of the instrument

The instrument was submitted to the project supervisor in Department of Sociology and Anthropology for face and content validity. Their observations, modifications and suggestions were effected in the implementation of the final copies of the questionnaire.

3.6 Reliability of the instrument

A test re-test reliability method was used to test the reliability of the instrument. To ensure the reliability of the instrument; the questionnaire were administered to undergraduates who were not captured in the population of the study to elicit information to measure the consistency of the instrument, the same instrument was administered to the same student within two week interval, this is to ensure that the instrument is reliable. The result 0.71 was obtained using Cronbach Alpha Coefficient reliability method.

3.7 Method of Data Collection

Copies of the questionnaires was administered and collected by the researcher and three other assistants. The researcher and his assistants ensured that the questionnaires were rightly filled and all questions filled correctly before statistically analysis.

3.8 Method of Data Analysis

The data was properly organized and tabulated using frequency count, mean and simple percentage.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND DISCUSSION

This chapter dealt with the presentation, data analysis and discussion of the findings of the study. It will be discussed under the following sub-headings:

Presentation of bio – data information

Table 1: Socio – Demographic Data of Respondents (n = 150)

Variables	Sex	Frequency	Percentage%
Sex	Male	69	38.0
	Female	81	62.0
Age	19 – 23	70	46.7
	24 – 28	55	36.7
	29 and above	25	16.6
Religion	Christianity	110	73.3
	Islam	30	20
	African Traditional Religion	10	6.7

Source: Field Survey, 2022

Table 1 showed the socio – demographics of respondents. It was observed that 38% of the respondents were male while 62% were female. Also among the respondents, those who were 19 – 23, constituted 46.7%, 24 – 28 constituted 36.7% while 29 and above

constituted 16.6%. This means that majority of the respondents were 19 – 23 years of age. Finally, the table shows the respondents by their religion, 73.3% practiced the Christianity religion, 20% practiced Islam while 6.7% are from the African Traditional Religion.

Answering Research Questions

Research Question 1: How the challenges of unprotected sex affect students?

One of the research questions and/or objectives was to investigate how the challenges of unprotected sex affect the students. To be able to achieve this, respondents were asked series of questions relating to how unprotected sex affects students; the findings are indicated in the following table analysis below:

Table 2: Challenges of Unprotected sex

S/N	Items	Yes (%)	No (%)
1.	Unprotected sex causes student’s failure in class	108 (72)	42 (18)
2.	Unprotected sex cause STDs	141 (94)	16 (11)
3.	Students feel emotionally unstable after unprotected sex	145 (96)	5 (4)
4.	It makes student not to concentrate well in class	134 (89)	9 (6)
5.	They start thinking about it while in class	91 (61)	69 (39)

From the table above, majority of the respondents which is 96% agree that unprotected sex makes students to be emotionally unstable; 94% agreed that unprotected sex causes STDs while 89% believed that students do not concentrate well in class after engaging in

unprotected sex; Also, 72% are of the view that it causes failure in class; while 61% believed that such act makes student starts thinking about it while in class.

Table 2 shows that in all of the findings of challenges of unprotected sex by the respondents, students feeling emotionally unstable after engaging in unprotected sex was listed the most because they usually go into depression and suffer from mental breakdown due to STDs contacted, dealing with unwanted pregnancy, becoming sex addicts and failure in class. This was listed 145 times representing 96%.

Research Question 2: What are the factors responsible for unwanted pregnancy?

To probe further, respondents were asked to list the factors responsible for unwanted pregnancy. They were allowed to list as many factors; as they can remember, the results of the findings are indicated below;

Table 3: Factors responsible for unwanted pregnancy;)

S/N	Items	Yes (%)	No (%)
1.	Unprotected sex	148 (99)	2(1)
2.	Ignorance of unprotected sex	130 (87)	20 (13)
3.	Rape	123 (82)	27 (18)
4.	Lack of contraceptive use	145 (97)	5 (3)
5.	Lack of sex education	104 (70)	41 (30)

Table 3 shows that in all of the factors listed by the respondents, as accounting for the factors affecting unwanted pregnancy, unprotected sex was listed the most, i.e. entire

respondents listed it as the most common of unwanted pregnancy among unmarried young couples. It was listed 148 times (representing 99%) of the total listing, close to this, is lack of contraceptive use, where 97% agreed that this factor is responsible for unwanted pregnancy, also, 87% agreed that factors responsible for unwanted pregnancy is ignorance of unprotected sex, 82% agreed that its caused by rape and finally 70% agreed that it's caused due to lack of sex education.

Research Questions 3; what are the psychological effects of unwanted pregnancy and STDs on student's academic performance?

In order to determine the effects of unwanted pregnancy on academic performance, respondents were asked series of questions. The questions and the responses they provided are indicated below;

S/N	Items	Yes (%)	No (%)
1.	The women tend not to forgive themselves again	133 (89)	17 (11)
2.	It affects their mental health	142 (95)	8 (5)
3.	Unwanted pregnancy affects the women's education	146 (97)	4 (3)
4.	STDs affects the wellbeing of the students	149 (99)	(1)

From the table above, it can observed that majority of the respondents; 89% are of the opinion that women tend not to forgive themselves again after getting pregnant in school which will eventually make them to go into depression, 95% agreed that it affects their mental health because some might drop out of school or may have to probate, this can result in a break-down of their mental health, 97% agreed that unwanted pregnancy

affects the women's education and majority of the respondents which is 99% believed that STDs affects the wellbeing of the students due to infections such HIV, gonorrhoea, syphilis etc. which bring about discrimination.

Research Question 4: Why do students engage in unprotected sex?

In order to be able to establish the factors responsible for unprotected sex, respondents were asked to bare their minds on the reasons why young students get involved in unprotected sex. The results of the findings are provided below;

Table 5: Why do students engage in unprotected sex?

S/N	Items	Yes (%)	No (%)
1.	Lack of money to purchase condoms	148 (99)	2(1)
2.	Lack of proper sex education	141 (94)	9 (6)
3.	Unplanned sex	99 (66)	51 (44)
4.	Non fear of STDs	134 (89)	16 (11)
5.	For proper pleasure from skin to skin	120 (80)	30 (20)

Table 5 above shows that 148 of the respondents, representing 99% of the total population agreed that lack of money to purchase condom is one of the reasons why students engage in unprotected sex; while 1% of the respondents disagree, close to this range is 141 respondents representing 94% of the total population who believed that lack of proper sex education is one of the reasons why students engage in unprotected sex

because there were not given proper sexuality education, though, 9% of the respondents disagreed to this. Also, 134 respondents representing 89% of the total population agreed that Non fear of STDs is one of the reasons why students engage in unprotected sex, while 11% disagreed to this. Also 120 respondents representing 80% also believed that students engage in unprotected sex because of pleasure from skin to skin while 30% from the population agreed to this. Finally, 99 respondents representing 66% believed that unplanned sex is the reason students engages in unprotected sex while 44% disagreed to this.

Discussion on findings

Based on the results obtained from analyses of data collected, the following findings were made:

From research question one the findings of the study revealed that unprotected sex affect students' academic performance as some think about it in class, some fail to concentrate in class while some feel emotionally unprotected after unprotected sex.

From research question two the study revealed that majority of the respondent agreed that unprotected sex, Ignorance of un-protective sex, Rape, Lack of contraceptives use and Lack of sex education is responsible for unwanted pregnancy.

From research question three, the study shows that unwanted pregnancy and STI affects the psychological wellbeing of students' and their academic performance

Finally, research question four shows that Lack of money to purchase condoms, Lack of proper sex education, unplanned sex, Non fear of STDs and proper pleasure from skin to skin are the reason why students engage in unprotected sex.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary

The study focused on impact of sexuality education in reducing unprotected intercourse among undergraduates of university of Benin. To guide the study four research questions and purpose of study was raised to answer the major purpose which the study is been undertaken.

Several journal and books by different authors were used in the review of literature pertaining to impact of sexuality education in reducing unprotected intercourse among undergraduates. Questionnaires were used as the research instrument in conducting the research while the information was collected from one hundred and fifty (150) accessible respondents for the study. The data collected was analyzed using simple percentage.

Based on the findings of the study, it has been revealed that unprotected sex affects students' academic performance as some think about it in class, some fail to concentrate in class while some feel emotionally unstable, depressed etc after unprotected sex, because of the discrimination that comes with unwanted pregnancy and STDs.

The study revealed that unprotected sex, Ignorance of un-protected sex, Rape, Lack of contraceptives use and Lack of sex education is responsible for unwanted pregnancy.

The study also shows that unwanted pregnancy and STI affects the psychological wellbeing of students' and their academic performance and that Lack of money to purchase condoms, Lack of proper sex education, unplanned sex, Non fear of STDs and proper pleasure from skin to skin are the reason why students engage in unprotected sex

5.2 Conclusion

Base on the summary made above the researcher therefore concludes that unprotected sex affect students' academic performance as some think about it in class, some fail to concentrate in class while some feel emotionally unstable after unprotected sex and that Ignorance of un-protected sex, Rape, Lack of contraceptives use and Lack of sex education is responsible for unwanted pregnancy.

The study also concludes that unwanted pregnancy and STDs affects the psychological wellbeing of students' and their academic performance and that Lack of money to purchase condoms, Lack of proper sex education, unplanned sex, Non fear of STDI and proper pleasure from skin to skin are the reason why students engage in unprotected sex.

5.3 Recommendation

Based on the findings and conclusion derive from the study the following recommendation was made:

1. Sex education should be part of school curriculum. Orientation on sex education matters should be taught even at university level.

2. Parents and guidance are the primary agents of socialization they should develop good communication skills with their children and openly inform them Abstinence and sex education should be adopted at all levels of education.
3. Universities and colleges of education should begin offering courses in sexology to produce specially trained teachers and social workers for public schools.
4. The awareness of sex education would not cause harm and dropout from school. It should be taught to boys and girls separately and it should be taught that, sex education will help to reduce the rate of abortions, unwanted pregnancies, Sexually Transmitted Diseases such as Gonorrhoea, Syphilis, human Immuno deficiency Virus, Chlamydia e.t.c. It was also discovered that sex education will not cause poor academic performance among students instead, it will make students become responsible.
5. Restrictions or ban should be placed on the sales of pornographic material by law enforcement agencies. Special web security and restrictions should be placed on pornographic websites; Parental control on internet use should be imposed by parents to their wards so they can hold on to it even when their parent are absent from them.
6. Religious bodies and parents should also teach and impose descents dressing and behaviors on adolescent to prevent rape, sexual molestation and harassment.
7. There is also need to include or allow students developing and providing sex education as the practice serve as a means of ensuring the relevance and acceptability of what is provided.

8. There is also need to consult students of their needs at the point where programs are designed.